




EXCITING NEW LOW CALORIE RECIPES



with
Adolph's
CALORIE INDICATOR

from the Jeannette Frank Kitchens



Granulated

Adolph's®

SUGAR SUBSTITUTE

... the perfect replacement for sugar in
low calorie and low carbohydrate diets

Adolph's Sugar substitute is the only granulated, instantly soluble replacement for sugar which looks, sprinkles, and sweetens just like sugar. It is created especially for weight-watchers, diabetics, persons prone to dental caries and all others who must restrict their sugar intake.

Granulated Adolph's Sugar Substitute is ideal for table use with both dry and moist foods. It dissolves even faster than sugar in hot, cold or iced beverages. It does not have to be measured, pre-dissolved, crushed or powdered before adding to foods; just sprinkle it from the convenient shaker-top jar over cereal or fruit or into your coffee or iced tea.

Granulated Adolph's Sugar Substitute retains its flavor in cooking, baking, canning and freezing. Its concentrated sweetening power makes it economical to use — a little bit goes a long way! It utilizes glycine, a naturally sweet product, and leaves no bitter aftertaste. For diabetic diets, it contains no carbohydrates — is insulin sparing.

BEST USES FOR ADOLPH'S SUGAR SUBSTITUTE

Sprinkle Adolph's on:

cereals, hot or cold • fruits, fresh or frozen • hot coffee or tea • iced coffee or tea • lemonade or any other hot or iced beverage • yogurt

Mix Adolph's in:

whipped toppings • unflavored gelatin • pickles • salad dressings • meat or dessert sauces • puddings • preserves • relishes • frozen desserts

Bake Adolph's in:

bread • muffins • cookies • custards • cakes

Add Adolph's to:

fresh, canned or frozen vegetables, while cooking (gives them a fresher flavor)

TABLE OF EQUIVALENTS

(Use standard measuring spoons or cups, level unless otherwise specified.)

ADOLPH'S SUGAR SUBSTITUTE

equal in sweetness to

TABLE SUGAR

2 shakes of jar	1 rounded teaspoon
1/4 teaspoon	1 tablespoon
1 teaspoon	1/4 cup
2 1/2 teaspoons	2/3 cup
1 tablespoon	3/4 cup
1 tablespoon, plus 1 teaspoon	1 cup

APPLE MUFFINS (makes 12 to 14 muffins)

- | | |
|---|--|
| 1 $\frac{2}{3}$ cups all purpose flour | $\frac{1}{4}$ teaspoon nutmeg |
| 2 teaspoons Adolph's Sugar Substitute | 1 egg, lightly beaten |
| 2 $\frac{1}{2}$ teaspoons baking powder | $\frac{2}{3}$ cup skim milk |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{4}$ cup melted shortening |
| 1 teaspoon cinnamon | 1 cup minced apples (approx. 2 medium) |

Method

1. Sift flour, sugar substitute, baking powder, salt and spices into mixing bowl.
2. Combine egg, milk and shortening; add to dry ingredients, blend until flour is moistened. Do not overmix; batter should be lumpy.
3. Fold in minced apples.
4. Preheat oven to 400°F.; line muffin pans or custard cups with paper baking cups (souffle cups); pour batter in $\frac{2}{3}$ full; bake 20 to 25 minutes. If baking cups are not used, grease the muffin pans.

Calorie count (*per muffin*):

standard recipe 139

sugar substitute recipe 97

saving 42 calories

BAKED CUSTARD (2 servings)

1 egg, lightly beaten
 $\frac{3}{4}$ teaspoon Adolph's
Sugar Substitute

1 cup skim milk
 $\frac{1}{2}$ teaspoon vanilla
nutmeg

Method

1. Combine beaten egg with sugar substitute; slowly add skim milk and vanilla, blending well.
2. Pour mixture equally into two custard cups; top with a sprinkling of nutmeg.
3. Bake in pan of hot water in moderate oven (325°F.) about 1 hour, or until mixture does not adhere to knife.

Calorie count (*per serving*):

standard recipe 186

sugar substitute recipe 82

saving 104 calories

APPLESAUCE TEACAKES (makes 30 cakes)

1/2 cup shortening	1/2 teaspoon nutmeg
1 egg	1/4 teaspoon each:
2 1/2 teaspoons Adolph's	cloves, allspice,
Sugar Substitute	ginger
1 3/4 cups sifted cake	1 cup unsweetened
flour	applesauce
1 teaspoon baking	2 teaspoons vanilla
soda	1/3 cup raisins
1/4 teaspoon salt	1/3 cup chopped
1 teaspoon cinnamon	walnuts

Method

1. Cream shortening until fluffy; beat egg and sugar substitute until lemon color; add to shortening and blend well.
2. Sift together all dry ingredients; add to shortening mixture alternately with applesauce, blending well after each addition.
3. Add vanilla; stir in raisins and nuts.
4. Preheat oven to 375°F.; line two small (tea size) cupcake pans with paper baking cups (souffle cups); pour batter in 2/3 full and bake 15 to 20 minutes. If paper cups are not used, grease the cupcake pans.

Calorie count (*per teacake*):

standard recipe 123

sugar substitute recipe 60

saving 63 calories

PRUNE WHIP (4 servings)

1/2 cup unsweetened prune pulp*	1 teaspoon Knox Unflavored Gelatine
1 teaspoon Adolph's Sugar Substitute	1 tablespoon cold water
1 teaspoon vanilla	2 egg whites
1 teaspoon lemon juice	

Method

1. Blend first four ingredients together.
2. Soften gelatine in cold water; then dissolve over hot water.
3. Beat egg whites until frothy; add gelatine and beat very stiffly; fold into prune mixture.
4. Pile lightly into custard cups or sherbet glasses and chill thoroughly. If desired, 1 teaspoon of chopped walnuts may be sprinkled over each serving. This will add about 16 calories per serving.

*You may use one 5-ounce jar strained prunes or 1/4 pound dried prunes, cooked until soft in 1/2 cup water, then pitted and chopped.

Variation: Apricot Whip—substitute 1/2 cup unsweetened apricot puree for prunes.

Calorie count (*per serving*):

standard recipe **234**

sugar substitute recipe **46**

saving 188 calories

Adolph's®

CALORIE INDICATOR

... for your balanced diet

Granulated Adolph's Sugar Substitute helps you follow your doctor's instructions with a wide variety of dishes that satisfy your sweet tooth without upsetting your diet plan. Your doctor will recommend a sensible, well-balanced diet that best suits you. Don't start on fad diets that promise immediate, miraculous results.

Remember that good nutrition is essential. If you do go off your diet while eating out, or otherwise, don't try to make up for it by skipping nutritionally important foods—like meat and other quality protein foods.

Don't regard healthy eating habits as temporary; the practice of eating nutritious foods, with attention to proper calorie intake, should be built now and continued throughout life! Let this be your guide to foods low in calories, high in nutrients.

TEAR OFF AND KEEP WITH YOU!

Calorie Count

FOR MEATS, POULTRY, AND FISH

All portions are 4 ounces unless otherwise noted. Meats are all broiled or roasted.

	Calories
BEEF —All cuts, medium fat	
Steak, roast, or ground beef	356
LAMB —All cuts, medium fat	392
PORK —All cuts, medium fat or lean	400
VEAL —All cuts, medium lean	276
VARIETY MEATS	
Beef kidney	160
Lamb or pork kidney	124
Liver (all varieties)	156
Beef tongue	235
POULTRY	
Chicken breast (fryer), no bone	105
Turkey, light and dark meat	260
Turkey, light meat only	170
PROCESSED MEATS	
Bologna (2 slices)	133
Frankfurters (2 average)	248
Smoked ham, lean to medium (1 slice, 4" x 2½" x ⅛")	119
FISH	
Cod steak	170
Halibut	205
Perch	188
Salmon steak	291
Swordfish	202

Just a little snack, but oh!
so high in calories.

	Calories
1 2-inch section of layer cake	491
1 chocolate cream	56
1 caramel	43
1 ounce peanut brittle	125
16 peanuts	89
10 salted almonds	90
8 salted cashews	92
2 tablespoons coconut	87
1 brownie (2 inches square)	144
1 tablespoon sweetened whipped cream	53
1/2 cup macaroni and cheese	232
1 scant tablespoon peanut butter	92
1 piece apple pie (4-inch)	377
1 doughnut	136
10 French-fried potatoes	197
7 large potato chips	108

ADOLPH'S GRANULATED
SUGAR SUBSTITUTE IS
AVAILABLE AT FOOD STORES IN
SHAKER-TOP JARS AND IN
CONVENIENT INDIVIDUAL PACKETS



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Low Calorie Fruits and Vegetables

Select wonderful snacks and side dishes from this list. An average serving is approximately ½ cup.

Fruits Fresh or Dietetic Canned (without sugar)

ABOUT 25 CALORIES PER SERVING

Cantaloupe (½ medium)
Cranberries
Currants
Honeydew melon
(1-inch wedge)
Strawberries
Watermelon
(cubes ½ cup)

JUICES—ABOUT 50 CALORIES PER ½ CUP

Grapefruit
Orange
Tangerine

ABOUT 50 CALORIES PER SERVING

Apple (small)
Apricots (3 medium)
Banana (½ medium)
Blackberries
Blueberries
Cherries
Grapefruit (½ small)
Orange (small)
Papaya
Peach (medium)
Pear (½ medium)
Pineapple
Plums (2 medium)
Raspberries

BREAD AND CEREALS

White bread, 1 slice 63
Whole wheat bread, 1 slice 55
Rye bread, 1 slice 57
French bread, 1 slice 54
Puffed wheat, 1 cup 45

Vegetables Raw or cooked

ABOUT 25 CALORIES OR LESS PER SERVING

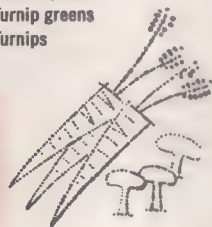
Asparagus
Bean sprouts
Beans, green or wax
Beet greens
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Chard
Cucumbers
Endive
Eggplant
Kale
Leeks
Lettuce

Mushrooms
Okra
Onions, green (6 small)
Peppers, (1 large)
Pickles, dill, sour,
or sweet (2 medium)
Radishes
Rutabagas
Sauerkraut
Spinach
Summer squash
Tomatoes (1 small)
Tomato juice
Turnip greens
Turnips



DAIRY PRODUCTS

Cottage cheese, 1 cup 215
Butter, 1 tablespoon 100
Ice cream, vanilla, ½ cup 200
Buttermilk, 6 oz. glass 66
Sherbet, ½ cup 100
Egg, 1 medium 77



BREAD PUDDING (4 servings)

- | | |
|--|------------------------|
| 1 cup dry bread cubes | 1/2 teaspoon cinnamon |
| 1 1/2 cups skim milk,
scalded | 2 tablespoons raisins |
| 2 teaspoons Adolph's
Sugar Substitute | 2 eggs, lightly beaten |
| | 1 teaspoon vanilla |

Method

1. Soak bread cubes in scalded milk five minutes; add sugar substitute, cinnamon and raisins.
2. Pour bread mixture slowly over beaten eggs; add vanilla and blend well.
3. Pour into greased baking dish; bake in slow oven (325°F.) about 50 minutes, until firm.

Calorie count (*per serving*):

standard recipe **347**

sugar substitute recipe **105**

saving 242 calories

APPLE-RAISIN SAUCE (makes about 1 cup-4 servings)

An excellent accompaniment for baked ham, pork roast, venison and game birds.

- | | |
|--|---------------------------------|
| 3/4 cup seedless raisins | |
| 1 1/4 cups apple juice
(unsweetened) | 1/4 teaspoon salt |
| 2 teaspoons Adolph's
Sugar Substitute | 1/4 teaspoon ground
ginger |
| 2 teaspoons
cornstarch | 1/8 teaspoon ground
cloves |
| 1 1/2 tablespoons butter | 1/8 teaspoon ground
allspice |

Method

1. Simmer raisins in apple juice.
2. Combine remaining ingredients; mix thoroughly and add to juice. Simmer for about 5 minutes, stirring constantly. Serve piping hot.

Calorie count (*per serving*):

standard recipe **296**

sugar substitute recipe **162**

saving 134 calories

BANANA-NUT BREAD

- | | |
|---|------------------------------|
| 1 pound ripe bananas
(3 or 4), mashed | 1 3/4 cups cake flour |
| 1 tablespoon granulated
Adolph's Sugar
Substitute | 3 teaspoons
baking powder |
| 2 eggs, well beaten | 1/4 teaspoon salt |
| | 1/4 cup chopped
walnuts |

Method

1. Sprinkle granulated sugar substitute over bananas and stir until dissolved; blend in eggs.
2. Sift together flour, baking powder and salt; add walnuts; blend thoroughly into banana mixture, but do not overmix.
3. Preheat oven to 350°F. Pour batter into greased loaf pan (approx. 4 x 7); bake 25 minutes; then reduce heat to 300°F. and continue baking until done — 35 to 40 minutes.

Calorie count per slice (*based on 20 slices per loaf*):

standard recipe **150**

sugar substitute recipe **59**

saving 91 calories

Home Canning and Freezing with Adolph's

Now you can enjoy summer's choicest fruits all year 'round when you put up your jams and canned fruits with Adolph's Sugar Substitute — it retains its full, sugary (but calorie-free) sweetness throughout processing and storing and helps fresh fruits retain their own natural sweetness and bright color.

FREEZING WITH ADOLPH'S

Follow normal procedure of preparing fruits for freezing. Sprinkle with Adolph's Sugar Substitute according to your taste preference. Work with small quantities of fruit at a time, make sure all fruits are well chilled before packing and freeze as quickly as possible to avoid discoloration.

CANNED FRESH FRUITS (peaches, pears, plums, apricots, nectarines, etc.)

Water Bath Method (Hot Pack)

For each 2 pints of fruit you will need:

2 to 3 pounds fresh fruit
1½ to 2 cups Adolph's Sugar Substitute syrup

To make 2 cups syrup:	Adolph's Sugar Substitute	Boiling Water
Light sweetness	1 tablespoon plus 1 teaspoon	2 cups
Medium sweetness	2 tablespoons	2 cups
Extra sweetness	3 tablespoons plus ½ teaspoon	2 cups

Method

1. Wash fruit; remove skins from peaches or pears; skins of plums, apricots or nectarines may be removed or left on as desired.

Cut fruit into halves and remove pits.

2. Drop fruit at once into hot sugar substitute syrup and simmer for 3 minutes.
3. Pack hot fruit in sterilized glass jars; cover with hot liquid, leaving ½ inch space at top of jar.
4. Wipe rims of jars clean; secure lids firmly.
5. Process in boiling water bath — allowing 20 minutes for pint jars, 25 minutes for quart jars. Set jars on towels in upright position to cool.

Calorie count per serving: (2 halves plus 1 tablespoon syrup)
Standard recipe (with sugar syrup)... 70 (approx., depending
Sugar Substitute recipe 30 on which
saving 40 fruit is used)

LOW-CALORIE JAM (strawberry, raspberry, blackberry, plum, apricot, etc.). Makes 1 pint.

1½ cups fresh crushed fruit or berries 1 teaspoon Adolph's Sugar Substitute
1¼ ounce envelope low sugar powdered pectin

Method

1. Follow package instructions to prepare pectin (makes 1 cup liquid).

2. Place fruit or berries in saucepan; add liquid pectin; bring to full boil; add Adolph's Sugar Substitute; remove from heat.
3. Pour into 4 small sterilized jelly glasses; seal tightly with new lids. Do not use paraffin. Let cool; refrigerate. Store in refrigerator.

Calorie Count: 1½ to 2½ per teaspoon, depending on fruit used.

LOW CALORIE PEACH JAM

1½ cups freestone peaches, diced (2 large peaches)
1 teaspoon lemon juice
1 teaspoon Adolph's Sugar Substitute

Method

1. Place peaches in saucepan; add lemon juice and Adolph's Sugar Substitute; cover tightly; simmer over low heat 20 minutes; remove lid of pan for last 10 minutes of simmering.
2. Pour into 2 small sterilized jelly glasses; seal tightly with new lids. Do not use paraffin. Let cool; refrigerate. Store in refrigerator.

Calorie Count: 1½ per teaspoon.